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ZEN

DILIP

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The world has been led into the view - that nothing exists but the three dimensional world we see around.

If thing were that simple, life would have no deeper sense.

It is, on the other hand, obvious to the reasoning and observing soul that there are higher and lower dimensions, and parallel

realities overlapping with ours on this plane. And that the universe is a place of infinite mysteries.

If there are different worlds, the soul itself holding the ability to evolve,
what ought be the focus in own life?

Naturally,

then we are led to the question, how do we free the awareness into a greater view?

Zen offers a simple answer for this Dilemma.

Zen views the universe as one function, held together by a set of individual awarenesses.

The

formative movement

of the entire universe travelling through all its dimensions is named the breath.

As the individual is one of the awareness viewing that movement's wholeness, and holding what is own aspect within it,

The breath of the individual
is the Universal breath.

All that is formed of the breath, is
an impermanent view
into the Permanent
Planes.

Zen thus follows the
breath, Breathing in
Gently, the breath
naturally touching the
view of the Eternal at
the top of the head.

Breathing out, gently, into the
Hara, the lower abdomen area, following
the movement of the breath into the
Depths of the Hara. The View of the

Eternal is touched, by the Awareness
tracing the breath into the depths of the
Hara.

All this is Done Effortlessly. For Effort is
just an additional function on that which
Eternally is at Ease.

The Zen Impulse to

action which is nothing but Ease,
arises from beyond thought, beyond
breath, the Plane Viewed as the Great
Eternal Silver Brightness

In this short
text is hidden
all secrets of
Zen. The
reader is

urged to study
this deeply.

Preserve this
knowledge,
by finding
ways to share

and preserve
this book, for
great merit on
the Path of
Zen.

STAR WARS JEDI MEDITATION



. Stage 1. Discipline

The Jedi needs to be in full control of the faculty of the mind, before he can wield the force. “If not, force destroy Jedi,” says Yoda. Yoda says, “A Jedi's strength flows from the Force.” And not from the mind. Go beyond the mind, be unaffected by world forms, greed and anger – they keep the Jedi from the Force.

Stage 2. Ease

Ease is an art. Unless the aspirant understands the ways to wield ease, he or she will never have sway over the **dýnami zoís**, own life force.

"Control is internal. It is the Jedi's ability to recognize the Force in himself and to use it to his benefit."

—Jedi Master Bodo Baas

Stage 3. Aretíz

This stage is to ensure the Jedi does not fall over to the dark side, and turn the force against himself. The Jedi should meditate on the word form and

sound , **αρετή**, Virtue. A brightness will arise within. **Keep the focus there**. It will rise, and if you attempt to hold it too effortfully , you will find the brightness sink. Repeatedly hold it, till the focus on it is held steady.

When the brightness seems obscured, clear the mirror of your awareness with the flow of your breath.

In later stages, hold own form immersed in the brightness, the awareness anchored in one's own form.

Stage 4. Kindness, καλοσύνη

“You will find only what you bring in.” – Yoda

“Easy, the Force Find”- Yoda.

A Jedi Meditation Training manual

Stage 4.Z. Frame Awareness, skeletikó plaísio

Ease the awareness and

say, **“The body exists here.”** Now, the Jedi

feels own body as beyond world affectation, platonic, its frame, perfect. In the body itself, there is no unideal sensation.

This is also described as, “epígnosi tou skeletikou plaisiou.” The word skeleton does not refer to the physical skeleton, but the idea of the frame, the pure form, the ideal

. The awareness of form is developed by frequently drawing awareness to the form of own form, the proprioceptive awareness playing a role at that. Whether one is walking, or standing, or seated, or in any configuration, this awareness, of the body as a whole, can be done. This art is from the east, and there is it labeled Satipatthana – and it extends to not just physical form, but the awareness, the mind, the

feelings and so on. To say **“the awareness exists here”** is to dispel all unideal from the awareness. For the pure, original, true state of that which transforms

The Jedi's force field ought align with the greater good of good beings. For,

“The dark side clouds everything. Impossible to see the light, the future is.” – Yoda

Evoke a sense of loving kindness, inside. This sense

has **no object**, instead it arises from the Force, with an ability to destroy any evil. The sense of loving kindness, the platonic feeling of it, is the object of awareness, and the feeling itself is not targeted at any object.

Hold it at the center of the cross in your heart. Observe, it gradually grows and evolves out, as an orb for some, as a force field for others. Make sure it has no object - it is not targeted at any. For world objects ought not tie down the Jedi. If an object is held in this meditation, the impact is of falling into a thought construct and thus into the mind, away from pure awareness.

Expand this to form a field filling oneself, and own body, then the same extends outside oneself a feet. Extend this gradually to the whole universe of perception. This expanding out ought be firmly centered on oneself, and own physical form. There is nothing else, but you and the you in the Force, now. All phenomenon has been pushed out.

Patience. Each step of this takes weeks- years, for some.

“Patience you must have my young Padawan.” — Yoda

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in awareness as the mind, is pure, awareness itself.

Adapted by the Jedi, this forms a formidable foundation for the warrior training of the Jedi.

One may verbally describe own physical form to oneself, silent or a bit aloud – depending on what works. And verbally describe current state of mind, and feelings of the mind, sensations of the body. The act of doing so disassociates the awareness from the sensation. If fear is labelled “there exists an idea of fear on the mind”, or anger is labelled “there is anger on the mind,” the pure mind is found, devoid of the anger. Gradually, this grants Jedi power over all forces that may affect own form.

The form held, becomes the ideal, and the reality is nothing but the held form by the awareness, in pure physics.

Now, **attempt
saying
unto**

If this training is done well, no attacks – psychological or otherwise – from an enemy, the world, or any object, will draw your awareness away from your own form, your body, your self, and the Force. The idea of loving kindness without a target object keeps you shielded. This is a great secret, discovered by ancient Greek sages. Some say they discovered it in a partly damaged scroll found in the far east, records of a teaching by the Buddha. The scroll itself, the legend says, were written in a non-earthly alphabet. Jedis to this day train in what are often Zen style monasteries, in parallel dimensions on earth as well.

The feeling described above is drawn from the beyond, through the zero point in the heart space. Visualizing a cross of silver light there, aids the process. The center of the cross, being where the sense initially appears.

yourself,
“The Body
Is Here,” and

draw awareness into the form of the body that appears here and now. Awareness of own form. Abide in that state for a while. This may also be dynamically done any time of the day, in any situation, and in an instant’s time.

“A Jedi’s
Strength
flows from
the Force”
-Yoda.

Stage 5. Impermanence, Parodikótita

Contemplate the fact that the body, the mind and world phenomenon are impermanent. It is not eternal, it is not the Force itself, not the Soul of things. Contemplate anatomy, that the body appears attractive able to grant happiness, but decays in no time, and underneath a thin layer of skin is all the grossness of anatomy. That it will be one day as a decomposing corpse is inevitable, unless you transform it into the Force, the Light itself. Contemplate own anatomy as that of a decaying corpse, this generates a jolt in the awareness, that separates itself from a false identity with impermanent form. Integrate the body with the thunder of that Jolt, the bright Light of awareness. This meditation is done also as the Jedi during training keeps a monastic discipline. The body of oneself of any being just anatomy impermanent as described, does not have the ability to grant one either permanent Joy, or the strength of the force. The beyond ought be discovered and integrated with own form.

Stage 6, The Element of Wind and the Light

**“For my ally is the
Force, and a
powerful ally it is.
Life creates it,**

***“Secret, shall I tell you?
Grand Master of Jedi Order
am I. Won this job in a raffle I
did, think you? ‘How did you
know, how did you know,
Master Yoda?’ Master Yoda
knows these things. His job it
is.” -Yoda***



makes it grow. Its
energy surrounds
us and binds us.
Luminous beings
are we, not this
crude matter.
You must feel the
Force around you;
here, between
you, me, the tree,
the rock,
everywhere, yes.
Even between the
land and the
ship.” – Yoda

The universe is one function, a mathematical form, that you feel in an aspect as own breath. It courses through the dimensional planes, where the chakra systems appear as the mathematical projection occurs. At the base of the human frame's spine is the 0th dimension, and just above the head is the awareness of the 7th dimension. All forms outside or inside are functional maps of the same.

The fundamental movement of the universe, the ether movement is also that which is labelled the breath. Own breath is a view and an aspect of that.

Thus, the nose is the spine, the tip of the nose is 0 point at the base of the spine. This breathing meditation were a fiercely guarded secret. Among the Lapis Lazuli texts of the far east is found this secret breathing technique. Legend as recorded in the text, the Ekottara Agama 17.1 has Buddha teaching this secret breathing method in teaching the path of the Aryans, to his Son Rahula.

The idea is to bind the mind to the tip of the nose, the zero point and observe the breath. One may to start with, do this by keeping the awareness at the tip of the nose, and label each breath as a long one, a short one, and so on. Just observe and label, effortlessly. At times the breathing virtually disappears. Label that state as so. At times, the breath happens on its own as the plant swaying in the wind is not the movement of the plant, so the breath occurs effortlessly, it is not even an action held by oneself. At times, the mind alters the breath. Label all these states, easily, as they appear, and sit in a meditative posture. Initially, Verbalize describing the observed states, if you find it needed, as you observe the states. Spine easily erect, and if you find it comfortable to sit in the oriental style, left leg on the right, in half lotus position, left palm on the right. This may also be done seated in a chair, for a few minutes while standing up, and so on, and at anytime.

Note, that as the above meditation is done, a bright spark of awareness, the Zero point Light and view of the Force often appears at the tip of the nose.

Another technique, found in Zen, is to gradually allow the breath to flow into the hara, the lower abdomen. Observe-visualize the breath flow down along the front of the body, naturally, at ease, and entering the hara, as one breathes out. Breathe in an effortless natural way. Out breaths go deep, effortless, slower, deeper, and longer than in breaths. In breaths are effortless, natural. When the Great Brightness of Zen appears, keep the awareness on the Great Brightness as well when one does the mediation. At early or even the final stages, the Enso that absorbs the outward vectors that generates the notion of form, may be held in awareness. The forms disappear, and own form is the form that disappears all

form, the Silver Enso.

The breath gradually unveils the Light beyond the worlds. Union the Light and Breath as one, and stay with the awareness holding the Light and the Breath as one.

The Jedi adept now sees the inner and the outer as one function of the absolute, the beyond appeared, the Great Light. The force is everywhere. The difference between inner and the outer is understood as generated, non-existent. One abides thus beyond, forms.

Stage 7. Understand the Matrix

The different, individual sparks of awareness are situated in different DNA-CODE

pockets observing the world phenomenon, and the possibilities of what aspect of world evolution to generate and hold is the DNA code itself.

This stage of training is skipped for the non mathematically inclined. Though a few schools of Jedi to this day maintain, none who pass the stage will be allowed into the order of the great Jedi mathematicians.

Training in psychology and adaptive-responsive behavior strategies,

Occur parallel to other trainings. These include the ability to immediately respond to any situation, and with awareness, training to attend to own health, training in survival in difficult situations. Training to maintain health through proper diet and other habits and so on. Among other forms of training is also a training in a system of medicine analogous to the homeopathic system found on earth. It is virtually the same but for that different substances not found on earth and herbs from across the galaxy are used in preparation of the dilutions. Crude tonics which are non-energetic dilutions are generally not recommended given they can weigh on the anatomy adversely if taken in an unwise way. The Jedi food is devoid of strong spices, done with gentle herbs, involves beef, wine, a kakao like plant, a extraterrestrial yak butter, and a strange kind of drink that appears similar in taste and texture, and nutrient quality to cow milk.

The Jedi in training keeps own environment clear, klaar, by discarding the unessential. The inner and the outer, is to be kept aesthetic, joyous. Joyousness of taste, for instance, is an integral aspect of health of the food in taken. Even regarding food the state of awareness in which it is to be done ought be klaar, joyous, easy, and pure.

In engaging the world forms, an element of joy ought always be kept alive. In advanced training, inner brightness is held despite the outward situation.

Stage 8. Meditate on the Non-Permanent

Now the PreFinal stage is approached. The Jedi should have progressed much in study. Understand the way universe-sensations, vedana, arises in own awareness.

Every bodily or mental sensation arises, is felt, that is held in perception, and then disappears. Thus they are impermanent and not the awareness itself.

Now, Perceive any unease on the body or mind form – Analyze the why it exists: Is it is a separate entity, a reality separate from own mind, or a something held by own awareness. The answer is discovered as being the latter. Once that is obvious, free own awareness from the same. Do the meditation all senses of unease and the awareness soon enters a blissful state. Emerging from that state, after abiding in it for a while – one again senses the unideal on the body or mind form. The process of analyzing it and the meditation described above, is repeated a few rounds. It is also good to abide in that blissful state arrived at , in the meditation described above, for a significant while.

Mathematically, the sensing systems, and the sensed are DNA-vectors at interplay-processing, projecting further DNA-vector forms. There is a universal DNA, as Quantum physics suggests to earthlings, the existence form requires an awareness – beings’ awareness held forms is the world-phenomenon. There are visible and invisible beings. Parallel dimensions of reality exist. Higher and lower dimensions of reality exist.

The Jedi should have a strong awareness. In fights, and in war, the Jedi should be able to endure great impact, and yet stay unaffected.

An analogy found in Buddhist teachings on Vedana, feeling, from which the related ideas in the Jedi corpus were adapted and formed, is beneficial: When hit by a dart, a negative sensation, one observes the phenomenon and does not allow a secondary sensation – such as an associated one on the feeling or psychological planes.

The idea of vedana-samjna niroddha samapatthi is studied and practiced as well, in warrior training. In that state awareness is stilled from the world DNA scan into the bliss of the Silver beyond.

“Wisdom text this, Share, One Ought”- Yoda

In advanced stages, The Jedi ought act or ease, one of which is often the other, as per the Force Impulse from beyond the worlds, appearing in the depths of own system. This in origin is beyond the world system, appearing through own Individual Soul, and that is the principle of own action. In fact for decisions such as what path to take in life, and so on the principle is to be relied on. Even in daily life, deciding on what book to read, what to have or have not for breakfast: Clear your thoughts, Observe, Analyze with reason, Trust yourself.

Action in alignment with the Self,

Unveils the inner Brightness, the action done, one rests the awareness on the Inner Brightness Itself.

Jedis who train alone are often advised to hide their training from the greater world, for the protection – from the dark forces, and the dark forces manipulation of other humans around. That which doesn’t exist in the vision of the world, is impossible to be fought by the world.

Stage 9. One With the Force

The Jedi Absorbs the awareness into the Force-Light, the Thunder beyond the worlds. Own form as one with the Silver Thunder.

This

is finally to

be viewed from the absolute planes, and the idea of holding the awareness there or absorbing the awareness there then disappears. “To hold and be with effort, what one is, absurd I find is.” - Yoda



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